

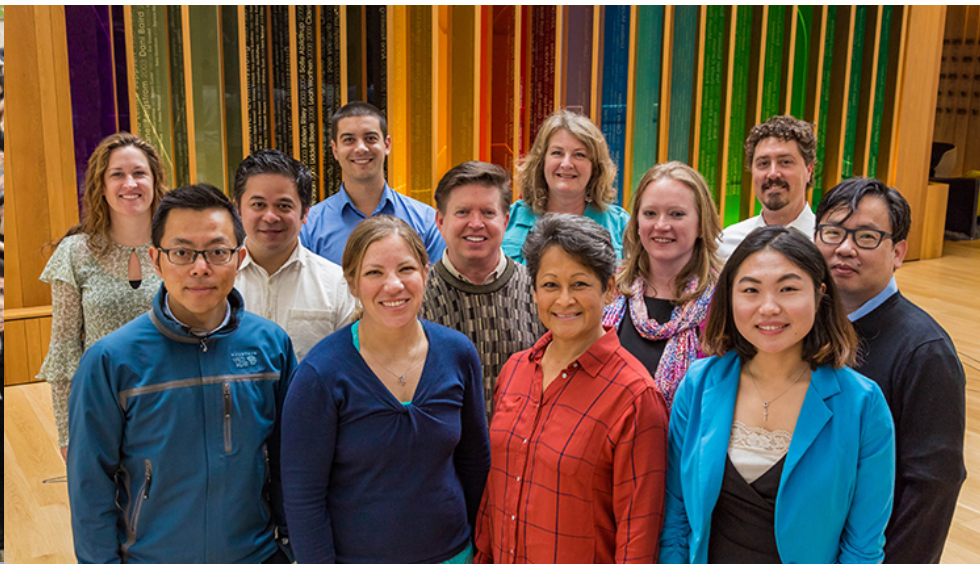
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Developing and Maintaining Professional Relationships



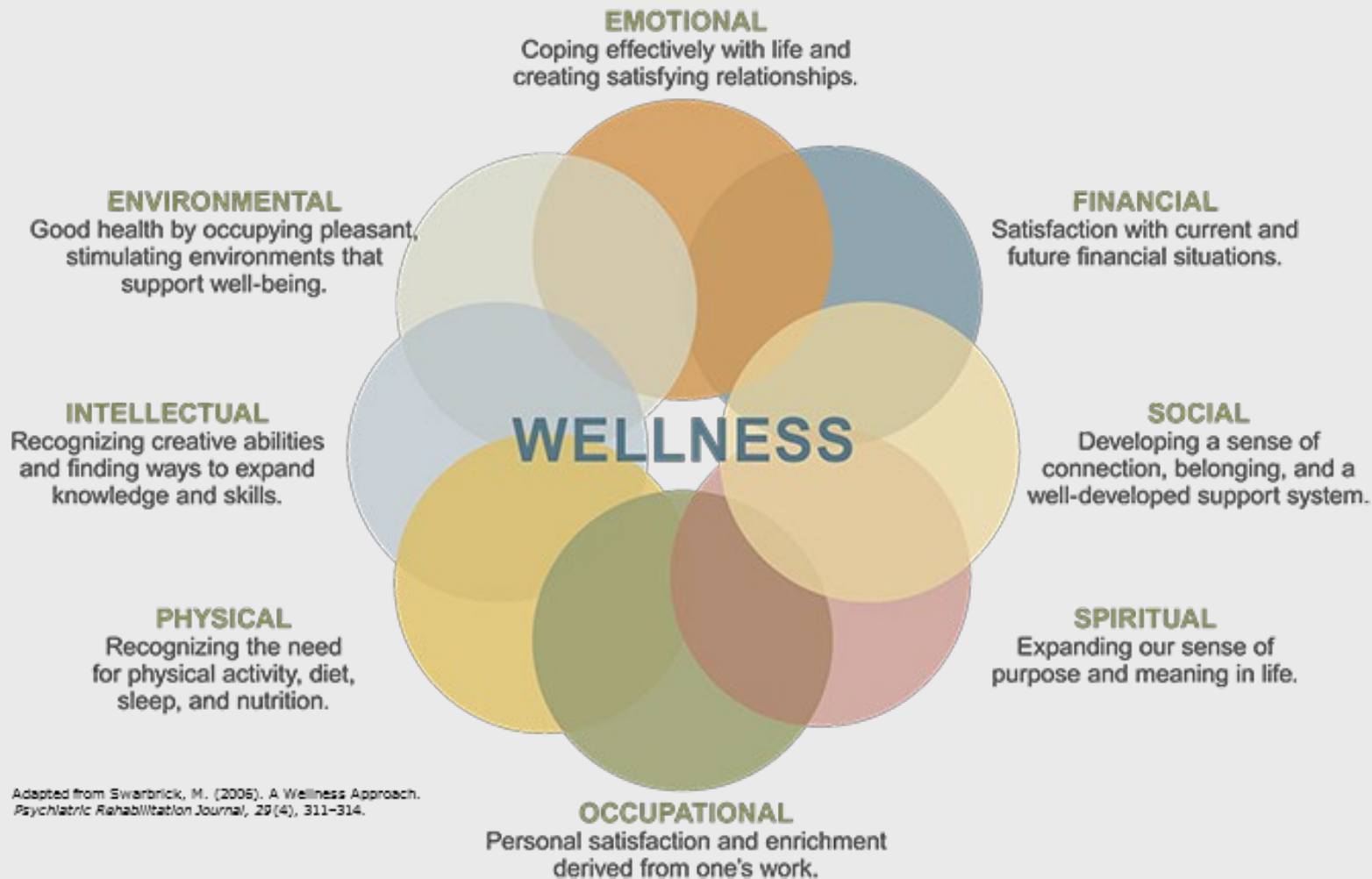


Activity

- 1) BINGO!
- 2) Find someone who did....
- 3) Share experience/story quickly
- 4) Mark their name on the box
- 5) Get as many boxes as you can!

Find someone who

Has held eye contact with someone for at least a minute without talking.	Regularly turns off their cell/mobile phone for a day.	Has had a difficult or awkward conversation with a boss.	Practices or knows yoga and can show you an easy posture.	Talks about the weather just to make "small talk."
Can share with you one way they re-energize when they feel down.	Has participated in a workplace or community physical exercise program.	Prefers talking in person/directly rather than communicating by email.	Has had a difficult or awkward conversation with a student.	Puts on some music and dance while doing housework.
Had a terrible experience while public speaking.	Has made a decision by tossing a coin or using Rock Paper Scissors.		Traveled to the same place as you.	Has tried something new that scared them before.
Had/Has a romantic relationship with a co-worker.	Likes Cats or Dogs? Find someone who disagrees with you!	Feels/knows they get over 10,000 steps in one day.	Did not inform someone about a problem and then things went bad.	Feels they understand the U.S. insurance system.
Can share with you one way they fight stress.	Can tell you a joke right now.	Feels excited about public speaking.	Regularly reads nutrition labels on food products.	Gets upset/angry if a co-worker or student corrects them.



Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

Wellbeing from feeling connected



Connect to Thrive

Connections = student success

Synthesizing frameworks of higher education student learning outcome

By R Markle, M Brennenman, T Jackson, J Burrus, S Robbins

ETS Research Report-13-22 2013

Providing Social Support May Be More Beneficial Than Receiving It

By SL Brown, RM Nesse, AD Vinokur, DM Smith

Psychological Science 1 Jul 2003 : 320-327

Social connection = long life

**The need to belong: desire for interpersonal attachments as a
fundamental human motivation**

By RF Baumeister, MR Leary

Psychological Bulletin May 1995 : 497-529

Low social connection =
decline in health

Activity - Discussion



Typical university resources for making connections

- International Office or Center
- Student Union
- Gym/Recreation Center
- LGBT Resource Center
- Intercultural Center
- Women's Center
- Counselling & Psychological Services
- Center for students with disabilities
- Intramural Sports
- Online list of clubs and associations
- Volunteer center
- On-campus residence activities



Building your professional network

- Current network – you already have one!
 - friends, colleagues, lecturers
 - contacts from volunteer work, societies/faculty clubs
 - Part-time work, internships voluntary work
- Expand your network by:
 - Attending lectures, fairs, employer presentations, conferences, informational interviews
 - Alumni services/contacts at your host university
 - Be passionate about something and stick to it
 - Join professional associations (student membership)
 - Online networking and useful sharing (LinkedIn, Twitter)



Networking is “Hi, let’s get to know each other. What can I do for you”?

The more you put in it, the more you get out of it !



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



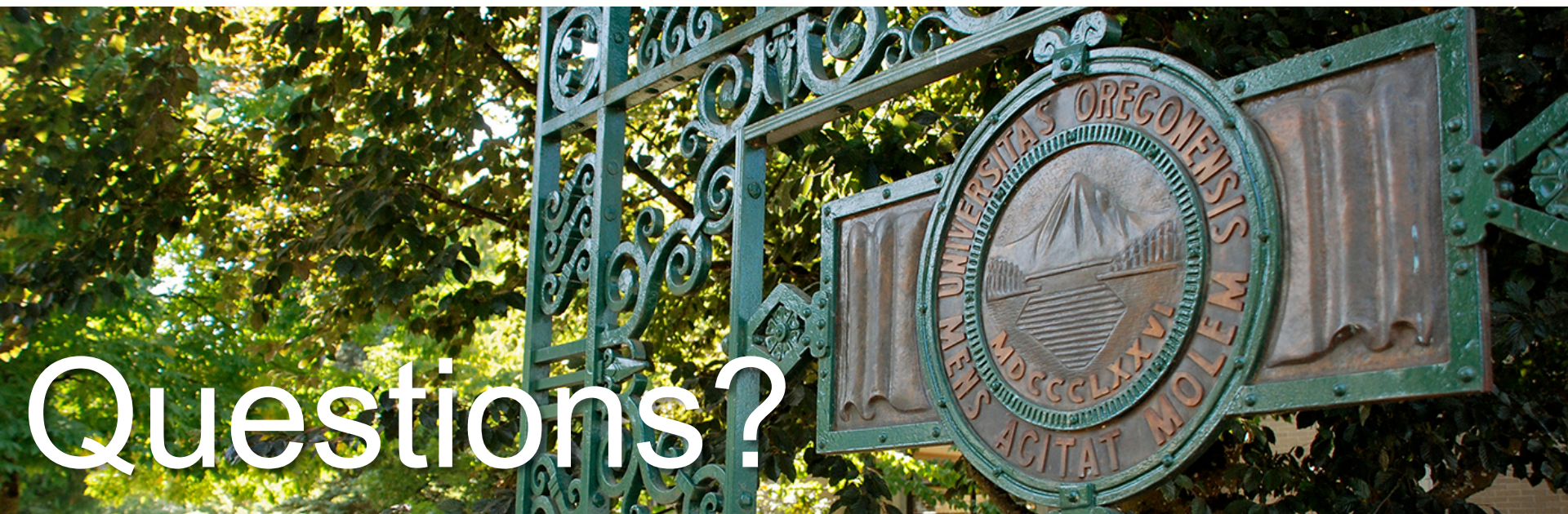
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



Questions?

